

Learning from home: Tips and tricks for parents

From INL K-12 Education Programs:

While many employees are telecommuting, some are spending more time learning with their children than usual. This adjustment can be hard for both student and parent. INL's K-12 education department is committed to supporting all eastern Idaho students, especially during these unique circumstances. Below are some tips, tricks and resources that may help your student over the coming weeks.

Tips for home learning:

- Create a schedule that can become routine. Students are very accustomed to working off schedules, so creating something similar at home can ease the transition to home learning. Don't forget to build in time to be "unplugged" from devices and media.
- Designate a primary learning space for your children and gather typical school supplies and books for easy access. To personalize their learning space, let kids decorate it with their artwork and other fun decorations to make the space more engaging.
- Involve your children in their own learning choices. This will go a long way to motivate them. When building a learning plan, focus on the basics using a variety of resources, but don't get bogged down in the planning.
- Build in recess with physical activity. If you can, get outside to take a walk or just play, but if weather doesn't allow it, have a dance party or exercise session.
- Find a good learning balance. Most kids love hands-on and active learning, so try to find a good balance of book-type work, online learning, digital media, and hands-on, project-based learning. Set aside plenty of time to read to your child every day.
- For your own sanity, devise a signal for your children if you shouldn't be disturbed in your own work if you're in a meeting or on a call. This could be as simple as a green or red paper hung outside your home office space.

The best learning resources out there for learning at home:

- **Scholastic:** The educational company has launched a "[Learn at Home](#)" [website](#) that has daily courses for students from Pre-Kindergarten to grades 6 and higher. From learning about why zebras have stripes to math lessons based on K-Pop stars, Scholastic's learning plans cover all the subjects your student would be taking at school. Currently, they have 5 days of learning plans and will release 15 additional days soon.
- **PBS Kids:** PBS KIDS' new weekday newsletter offers activities and tips you can use to help kids play and learn at home. Sign up here: <https://www.pbs.org/parents/pbskidsdaily?source=email>
- **Science Trek** from Idaho Public Television (on your TV or streaming device): *Science Trek* is an integrated Web and broadcast project designed to introduce

science topics to elementary-age schoolchildren ranging from earth science to the human body. The program inspires students to investigate science, technology, engineering and math (STEM) careers. [Science Trek website](#)

- **Khan Academy** is a free, fun, educational program designed to inspire students to become learners for life. The robust **Khan Academy** curriculum and original content make learning engaging and fun. They have expert-created content and resources for every course and level. To respond to the current need, they've created full student schedules for pre-K to 12th grade with lessons found here: [Khan Academy Schedule for School Closures](#)

Schedules by Grade Band:

- [Preschool, kindergarten, 1st grade and 2nd grade](#)
 - [3rd-5th grade](#)
 - [6th-9th grade](#)
 - [10th-12th grade](#)
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- **NASA** also has myriad STEM educational activities grouped for grades: k-4th, 5-8th, 9-12th. Lessons and other learning tools can be found here: <https://www.nasa.gov/stem>

Watch INL social media for more ideas. Beginning tomorrow, we will post a STEM lesson of the day for you to try at home.

As many of us adjust to telecommuting, our families are also adjusting to their new routines, and juggling student learning can feel daunting. Most importantly, take one day at a time, be flexible and have fun learning with your students!

Please reach out to the K-12 team through [our website](#) for more assistance.